

April 2017

Alaska Veterans and Pioneers Home



Activities

April 7 @ 2:30

Live music by "Feral Cats"

April 13 @ 9:30

Coloring Easter Eggs w/
Preschool children

April 16

Easter Sunday

April 19 @ 5:00

Festive Meal with
entertainment by
"Moccasin Stompers"

April 21 @ 2:30

Volunteer Appreciation
and Ice Cream Social
and Root Beer Floats

April 27 @ 1:15

Trip to American Legion
#35

April 27 & 28 10:00-3:00

AVPH Rummage Sale

From our Administrator

Josh Shaver



Greetings from the Administrator

Winter has been trying to convince us it's not spring yet with a couple late season snowfalls, but I trust the calendar. I've noticed several of you have even got seedlings started, that's the spirit!



Kudos to the food service department for the new regular dessert snacks for those of you who need an infusion of high energy.

Speaking of food, if you want to make sure your memory stays sharp it's important to feed it as proposed in the new MIND diet (Mediterranean Intervention for Neurodegenerative Delay). A study has found that participants who regularly ate nuts, fish, green vegetables, and berries were measured as having a mind that is 7.5 years younger in cognitive ability compared to those who eat a standard, USDA food pyramid diet. So pass the nuts!

Satisfaction Survey

It is time for our annual resident and family member satisfaction survey; those will be distributed over the next few weeks. Please provide feedback so the staff of the home can serve you to the best of our ability. These survey responses will always be kept confidential.

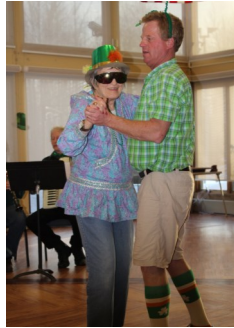
Have a great month everyone!

We are accepting donations for the Rummage Sale which will be held 4/27 & 4/28 from 10:00-3:00. Donation can be dropped off with the Activities Department.





March Festive Meal



**Roy Hooper
received a special
thank you for his
years of helping
the Activities
Department**



The monthly Festive Meal was once again a night of fun with delicious food, music, dancing and an all around good time! Entertainment by "The Yuills".



Irish Activities



March was a time to celebrate the Irish with an Irish Pub afternoon one day and then Shamrock shakes and an Irish sing along on another. On St Patrick's Day we had "Ziggy and Friends" in to entertain us too.



Gardening Days



Spring is in the air and the residents are ready to start gardening. They spent an afternoon planting seeds in preparation for warmer days ahead!

Volunteer Appreciation Week

National Volunteer week is the official time to recognize and celebrate the efforts of volunteers at the local, state and national levels. It's celebrated in the US and Canada.

This year we celebrate National Volunteer Appreciation week April 23-29, 2017. Volunteers offer their time year round in service to others along with their talents, creativity, spirit, enthusiasm, energy, love and compassion.

Our facility is very blessed with the many dedicated volunteers that provide so much companionship and assistance to our many residents. We will celebrate with and thank our dedicated volunteers at a party during the Ice Cream Social with Root Beer Floats on Friday, April 21 at 2:30.



Thank You Volunteers! We appreciate you!



★HAPPY★ BIRTHDAY!



April Birthdays

Residents

04/03 Clarence "Barney" Furman

04/09 Robert Vanderhoff

04/13 Milovoj "Milo" Mujagic

04/16 Helen Coolidge

04/17 Helmuth "Jim" Cottini

40/24 Brian Antilla

04//27 Pauline "Patty" Smith

Employees

04/03 Cynthia Yuill

04/04 Vicky Schatz

04/06 Colleen Hintsala

04/18 Chad Randall

04/19 James Green

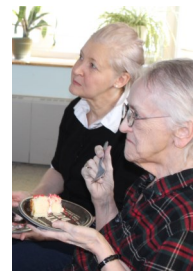
04/19 Jeffrey Grey

04/21 Tony Houston

04/29 Isabel Sanchez



Around the Home



Just a few photos around AVPH of us enjoying each others company.